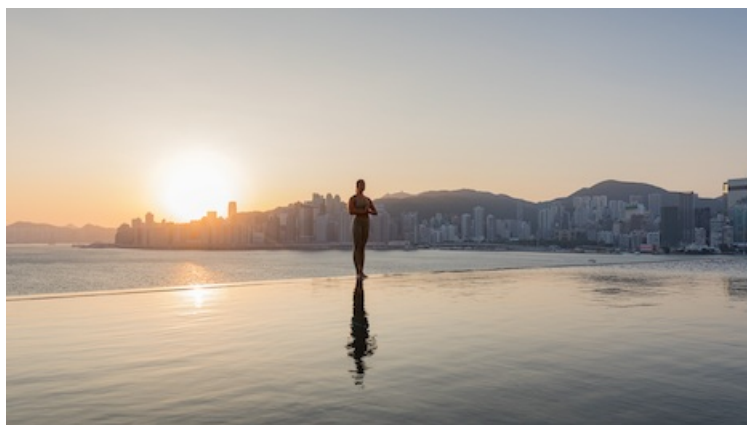


TRAVEL AND HOSPITALITY

## Rosewood launches new wellness retreats worldwide

January 21, 2021



*Asaya at Rosewood Hong Kong yoga practice. Image courtesy of Rosewood Hotels & Resorts*

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By LUXURY DAILY NEWS SERVICE

Hospitality group Rosewood Hotels & Resorts has unveiled a new wellness retreat idea designed to enhance one's ability to recover from life's adversities.

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The elements of the retreat address the physical, emotional and mindful aspects of each participating individual, focusing on four main behavior elements to resilience: positivism, purpose, resourcefulness and compassion. Thus far, the "Journey to Resilience" concept has been incorporated into 14 Rosewood properties worldwide and offers curated programs inspired by each hotels' respective destination.

"Consciously and unconsciously, resilience is becoming more important in our day-to-day lives, especially due to the global pandemic," said Niamh O'Connell, group vice president of wellness and brand experience at Rosewood Hotel Group, in a statement. "Each Journey to Resilience' retreat is designed to assist guests in recognizing areas of their lives they'd like to restructure or enhance, providing the tools and support they need to make these changes.

"Whether through physical therapies or authentic healing treatments for the mind and emotions, this process enables individuals to adopt an enhanced and more resilient lifestyle, resulting in a complete sense of self-acceptance."

### Wellness at Rosewood

In keeping with Rosewood's philosophy that the sensibilities of a destination are woven into the identity of the respective property, each retreat aims to incorporate practices reflective of local wellness traditions and natural surroundings.



*Market gardener at Rosewood. Image courtesy of Rosewood Hotels & Resorts*

Participating properties include Asaya at Rosewood Hong Kong, Rosewood Bangkok, Rosewood Beijing, Rosewood Bermuda, Rosewood Castiglion del Bosco, Rosewood Guangzhou, Htel de Crillon, A Rosewood Hotel, Las Ventanas Al Paraso, A Rosewood Resort, Rosewood Little Dix Bay, Rosewood London, Rosewood Mayakoba, Rosewood Miramar Beach, Rosewood Phnom Penh and Rosewood Sanya.

The "Journey to Resilience" experiences provide a holistic approach to wellness, encouraging guests to let go of lifestyle habits, thoughts and behaviors which no longer have a positive impact. Through fitness, nutrition and other therapies, the retreats hope to empower individuals to face life's challenges with confidence and adaptability, and ultimately establish a deep inner equilibrium.

The "Journey to Resilience" retreat includes a two-night minimum stay at the 14 participating Rosewood hotels and resorts.

**Rosewood Inn of the Anasazi** and **Las Ventanas al Paraso**, recently earned health-safety distinctions from **Forbes Travel Guide** amid rising fears surrounding the global pandemic. Both hotels introduced new health and safety programs from their parent group which raised the bar on hygiene and cleanliness ([see story](#)).